

# DAISY'S SAFETY PLAN

Creation Date: \_\_\_\_\_

## Section 3 Learning Log

### What do I need to pack?

Clothes for work, pajamas, medications, toiletries, banking information, and bills

### Where will I keep my bags?

I'll store the bags in the trunk of my car.

### Where can I stay?

I could stay with my sister. She lives about 15 minutes away.

### Where is a back-up place to stay?

I could also stay with my friend, Shirley. I have her address and Joe doesn't know where she lives so he wouldn't be able to find me.

### What do I need to pack for my children?

N/A

### What contact numbers do I need to keep with me?

I have my sister's and Shirley's number in my cell phone. I've also added the local women's shelter and the police.

### What is a code word to use with my family and friends if I need help?

My friends and family know that if I call them and say, "there's a storm in sight" that I'm in danger and they should call the police.

National Domestic Violence Hotline 1.800.799.SAFE (7223)

• Veterans Crisis Line 1.800.273.8255 • Press 1

